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Food: an Anthology

Compiled by Yanki Tauber

"You are what you eat" -- like many clichés, this is quite literally true. The stuff we ingest into our bodies becomes the very stuff of our bones and blood -- even, say our sages, of our souls.

In this collection of thirty articles, essays and stories, we look at the chemistry and character, cosmology and morality, wonder and whimsy, timbre and texture, cunning and comedy, labor and love, guilt and desire, politics and economics, history and future, the Talmud and the Kabbalah of food. Bon appetit!

Readings:

The Sages of the Talmud on Food

The Chassidic Masters on Food

Stories:

Kosher Marks

by Michael Medved

Grace After Meals

by Wendy Dickstien

Sitting in a Cafe

by Jay Litvin

The Summer of the Kishka

by Ilana Attia

Cooking the Year

by Ilana Attia

A Set of Dishes

by Dr. Velvl Green

Herschel Goat

told by the sixth Lubavitcher Rebbe, Rabbi Yosef Yizchak Schneersohn



Shmurah

told by the sixth Lubavitcher Rebbe, Rabbi Yosef Yizchak Schneersohn

Too Good to be Good

told by the sixth Lubavitcher Rebbe, Rabbi Yosef Yizchak Schneersohn

The Rabbi and the Ox

by Yanki Tauber

After the Fast

by Yanki Tauber

Cholent

by Yanki Tauber

Blintzes

by Tuvia Bolton

Barrels in the Snow

by Tuvia Bolton

Hard to Swallow

by Yrachmiel Tilles

The Gift

by Yrachmiel Tilles

The Onion Plot

by Yrachmiel Tilles

Insights & Essays:**Holy Lunch**

by Yanki Tauber

The Development

by Mattis Kantor

Spiritual Molecules

by Dr Velv Green

Anorexia of the Soul

by Dr Ilisa J. Bick

Eating

by Zvi Yair

Packaging

by Yanki Tauber

The Three Points of the Hamantash

by Israel Rubin

Meat

based on the teachings of the Lubavitcher Rebbe

Reverse Biology

based on the teachings of the Lubavitcher Rebbe

Eating on the Job

based on the teachings of the Lubavitcher Rebbe

The Seven Kinds

based on the teachings of the Lubavitcher Rebbe



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